

# Office Ergonomics – Lighting

An ergonomic design in office settings has become increasingly important, particularly because of the increased use of computers. Working with computers is different because of 2 main reasons:



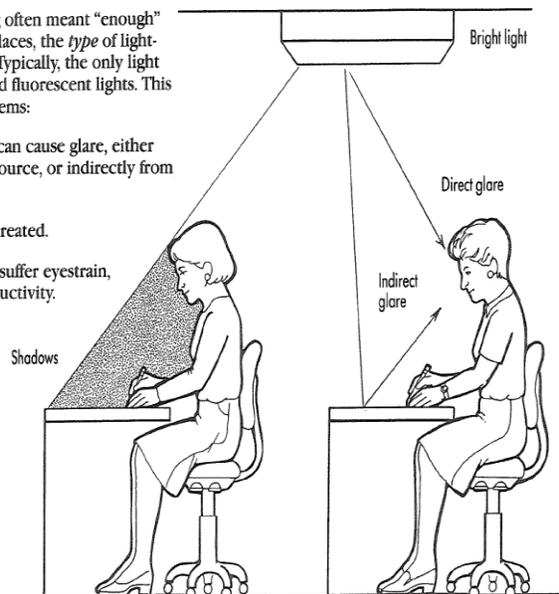
- Employees can do so much work with a computer; as such, they end up staying in the same position for long periods of time. Good furniture and posture thus become more important than ever
- The highly polished screen is probably the most reflective surface in the office, catching glare from every light source. This places an indirect strain to the user

**Here are some important tips for recommended workplace set-up:**

In the past, “good” lighting often meant “enough” lighting. In modern workplaces, the *type* of lighting is an important factor. Typically, the only light sources are bright overhead fluorescent lights. This can create two basic problems:

1. Too much illumination can cause glare, either directly from the light source, or indirectly from reflective surfaces.
2. Shadows can easily be created.

As a result, employees can suffer eyestrain, make errors, and lose productivity.



Improvements can include:

- Task lighting – focused on the areas where it is needed
- Indirect lighting – to reduce direct glare
- Improved diffusers or shields – to reduce direct glare
- Use of less reflective materials for equipment – to reduce reflected glare
- “Warm” colored lighting – to provide more pleasing tones
- Better placement of lights – effective lighting

Another factor which affects lighting needs is the nature of the task. Computer tasks are best done with less room illumination; precision tasks may require more than normal. Another consideration is the age of the employees. Older employees typically need more light to see the same amount of detail as younger employees.

